

rational standpoint what is a proper care of the colon and how to regulate its activities by the use of diet and enema. Constipation is not the source of all human ills, although a great many do seem to have their origin there. It behooves us, therefore, to follow the old maxim of Horace, a wise guide by the way, in all therapeutic procedure. "Not too far out to sea, Licinius, nor yet too near the shore." There is a safe and middle course, and in the hygiene and treatment of the colon such is the course of choice. Even Kellogg is prone to exalt the colon above all other gods as a *fons et origo* of disease, but withal he has some sane and practical ideas which are worthy of commendation.

MALARIA IN RICE FIELDS.

Serious attention of the medical profession, particularly those who reside in the San Joaquin and Sacramento Valleys, is called to the article of Mr. Freeborn in this issue of the JOURNAL on "The Malaria Problem in the Rice Fields." Mr. Freeborn's active association with Professor Herms of the University of California, to whose earnest efforts extended over many years, the present interest in malaria in California may be considered due, and Mr. Freeborn's participation in the general mosquito survey of the California State Board of Health during the past summer makes him peculiarly well fitted to write this most interesting article.

The importance of the relation of malaria to agriculture, particularly rice-growing, is impossible to estimate. Likewise the damage malaria can do with its presence among the agricultural neighborhoods cannot be estimated. The dissemination of information as to the prophylaxis of malaria by Professor Herms, Mr. Freeborn and the California State Board of Health means a great deal to the rice-growing communities because malaria can be made a negligible factor with relatively small cost.

The work of Kelly and Geiger on the determination of the malarial endemic index in certain communities in California, a work not finished, has yielded most interesting data. Organization of efforts in other communities and lands with a compilation of the comparative results obtained makes plain the following facts:

First—Malaria is the result of an animal parasite, easily demonstrable in and capable of reproduction in the blood of the host.

Second—Malaria is transmitted by certain species of the anopholes mosquitoes.

Third—Quinine properly used will cure cases of malaria.

Fourth—Quinine in small amounts, such as five grains, used daily during and after exposure will prevent malaria.

This last measure should be employed because of the experience of the Italian government in its efforts to control malaria. The good results obtained, notwithstanding intensive mosquito control, being due to quinine prophylaxis.

EDITORIAL COMMENT.

Under the heading of Notices there appears in this issue a list of the A. M. A. publications concerning nostrums and quackery. The list includes much spicy reading and much that is disgraceful to any modern civilized country. The mere repetition of it all is nauseous, yet the public, including the doctors, must know what is going on, and without publication, this cannot be. Therefore the publication. No other reason would justify it. And still in spite of the publication of these and similar exposés, the newspapers of California reek of nostrums, many of them of proved worthlessness, and smell to high heaven with the stench of abortionists, and beauty doctors (save the name!) and quacks of the most brazen sort. If the people really want such muck, are they entitled to get it? And again, do they want it? Would it pay to have a California newspaper free from such advertising? Would it be good business for commercial bodies to purge the press at least in part of such advertisements? Would there be any possible effect on strangers and prospective tourists and investors? We think there would. Think it over, and decide if such be the case, why the physicians of each town and city should not take the lead in purifying the public press of the state of nostrum, quack, charlatan and plain abortionist advertising.

In connection with the preceding paragraph, the following circumstance gives further food for thought. Recently in one of the supposed best drug stores in San Francisco, was to be had gratis a small pamphlet entitled "Dr. Humphrey's Manual," whereby the enterprising reader was informed that he could diagnose and treat most of his own ailments with complete satisfaction to Dr. Humphrey. In this small volume is a complete epitome of medical art and practice. No longer suffer from stomach-ache but take some of number 23 and be cured! If you are a victim of "Glycosuria Albuminuria" with "a red fissured tongue and enlarged papilla, voracious appetite and sinking of the stomach," take "a Special, in fluid, with directions," for one dollar per bottle. It is a wonderful new system of home-dosed therapeutics, where instead of calling on the doctor, it is only necessary to call off a football signal, such as 27, 31, 19, 11, and presto! the disease is treated and cured. Or perhaps, it is like a game of craps, and the fall of the dice tells the combination required for treatment. What are we to think of the drug stores which promote such advertising? Are there any drug stores which do not, at least to some extent, distribute cheap medical literature, so-called, for the purpose of increasing sales of nostrums and patent medicines, by means of stimulating amateur diagnosis? The home diagnosis and treatment of disease is among the oldest and newest of indoor sports and by it the undertaker thrives and the nostrum-monger waxes fat and opulent. Of all this more, much more, anon.

The open season for typhoid has not closed. But it is to be remembered that typhoid can be prevented, and that every case of it means simply ignorance either on the part of the patient or

often of his physician. In neither case, at least in California, is such ignorance excusable. The sure means of prevention is known. The victim of typhoid, therefore, does not deserve sympathy and should never receive monetary compensation. He is always merely the victim of some one's carelessness or ignorance. The bill should be assessed against that person who was culpably careless or ignorant. The State Board of Health will supply typhoid vaccine to any physician free on application. Why not take advantage of the offer? Ignorance and dirty fingers are at the root of most cases of typhoid. How easy to remedy these, and to use the known specific protection.

We want news. If you have no county editor as yet, elect him at once. The collection of news depends on the various county editors primarily. We want especially matters of professional interest, such as details of new hospitals, new equipment and clinical features of hospitals and institutions, matters of public health interest, and all from country districts as well as from cities. We want jokes,—of a medical nature especially, clippings from the medical and lay press which may amuse a weary brother in need of refreshment, and any items of local interest or from local publications which might be of interest to other doctors. Also we want letters of criticism, disagreement, advice, and any other matter which is disturbing a medical mind. The columns of the JOURNAL are open to any communication which the legal counsel for the society will pass. It is your JOURNAL. It is up to you to make it interesting.

Attention is directed to a letter under the head of "Correspondence," from the advertising committee of the JOURNAL, relative to the automobile coupon which is published again this month in the advertising section. The matter is one of importance because by this simple means, i. e., by filling out and mailing the coupon, each doctor can be of material service in the business administration of the JOURNAL. It is not a time-consuming operation to mail the coupon. Please do so at once, and let us have this as another instance of general support of the interests of the JOURNAL.

Do not miss the jokes in the advertising pages.

SPECIAL ARTICLES

THE BASIS FOR MEDICAL EXAMINATION IN THE ARMY.

Perhaps it were well at this time, when the decision of rejection or acceptance of drafted men rests in the hands of civilian doctors, to shed some light on what the physical requirements of examination of recruits for service in the army really are.

It is much to be desired that the Exemption Board exercise the same care in the selection from the drafted material as would the recruiting officer in the service. Noticeably physical defects eliminating the man as a candidate are readily discernable. Amongst these might be classed:

Impediment in speech; stabismus, convergent or divergent; loss of eye; total loss of either thumb; entire loss of any finger except the little finger; prominent flexion of one or more fingers; adherent or united fingers; lack of freedom in movement of joints; deviation from prescribed standard of physical proportions; scars of hideous disfiguring proportions; defective teeth; loss of ear; a loss of material of the ear, causing disfigurement; purulent otitis or diseases of the mastoid cells; a deviation of the septum of the nose or any contraction of the nasal orifice interfering with respiration; a lack of legal, moral or intellectual qualifications.

In the visual examination, which is to be made before the physical examination of other organs—as it is here that the greater number of disqualifications are found—a few of the excluding conditions might be noted: Complete or exclusive destruction of the lids; marked inversion or eversion on lids; ptosis; trichiasis; chronic conjunctivitis; trachoma; chronic keratitis; deep ulcers of the cornea; staphyloma; glaucoma; irregularities of the iris, and anterior or posterior synechiae reducing the visual acuity below the accepted standards. These are here given:

EYE TEST			
Branch of Service	Right		Left
Line of Army	20	20	20
	40 or some of	30	100
Signal Dept.	20		20
	40		100
Medical Dept.	20	20	Same as rgt.
	70 correctible to	40	
Ordnance Dept.	20	20	Same as rgt.
	70 correctible to	40	
Medical Corps Medical Officers' Reserve Corps	20	20	Same as rgt.
	— correctible to	20	
	100	20	
	No. 1 Jaeger 50 D Sn 13-20" No color blindness or strabismus		

ORGANIC DISEASE MUST BE EXCLUDED IN ALL CASES.

Following the visual examination the physician has the candidate strip, and here are noted the existence of evidence of drug habit; previous venereal diseases; pronounced hernia; obscene tattooing; marked deviations of the true spinal curvature; varicose veins; corns; bunions; hammer toes; interfering with locomotion; flat foot; where candidate is unable to stand the test of raising on the toe and qualifying, the hopping exercise; loss of the great toe or two toes on the same foot; hypospadias and epispadias disqualify.

Amongst the skin troubles are classed eczema; elephantiasis; chronic impetigo; extensive psoriasis; lupus and sycosis; extensive disfiguring naevi and other erectile tumors.

In the examination of the heart, marked hypertrophy and all valvular diseases; pronounced tachycardia and marked arrhythmia of the heart's action disqualify. Evidence of tuberculosis; chronic bronchitis; pulmonary emphysema; asthma; chronic pleurisy disbar. Chronic malarial poisoning marked